

## **“ATTICUS”**

Atticus Finch steps from the pages of “To Kill a Mockingbird” as character actor, Richard Clark portrays “Atticus” on Thursday, October 13<sup>th</sup> at 1:00 p.m., at the senior center. The tragedy and triumph of Harper Lee’s classic courtroom drama will be brought to life in this compelling theatrical event set in 1930’s Alabama. Richard Clark has spent over 30 years in New England regional theater and New York Theater. He is a graduate of Clark University and has studied at the American Academy of Dramatic Art, The Actors Connection and the Actor’s Loft in New York. This program is supported in part by a grant from the Foxborough Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a State Agency. Please call 508-543-1252 to sign-up for this cultural opportunity.

### **Monday, October 3**

Sit & Be Fit 9:30 a.m.

Tai Chi 10:45 a.m.

Podiatrist 12:00 p.m.

Knitting 1:00 p.m.

Shaw’s 1:00 p.m.

### **Tuesday, October 4**

Stretch & Balance 8:30 a.m.

Nutrition Class 11:00 a.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

BINGO 2:00 p.m.

### **Wednesday, October 5**

*Sign-up for Benjamin’s Holiday Party*

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Line Dancing 11:15 a.m.

Lunch @ Chickie Flynn’s 11:30 a.m.

Coping with Grief Support Group (for registered participants) 1:00 p.m.

Kohl’s @ Mansfield Crossing 1:00 p.m.

Zumba 2:30 p.m.

### **Thursday, October 6**

Ceramics 9:00 a.m.

Computer Class 9:00 a.m.

French Classes 11:00 a.m.

Book Club 1:00 p.m.

Supper Club 5:00 p.m.

### **Friday, October 7**

Stop & Shop 8:30 a.m.

YMCA Exercise 9:30 a.m.

Cribbage 11:00 a.m.

Card Making Class 11:00 a.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. [www.foxboroughma.gov](http://www.foxboroughma.gov)

## **MEDICAL INFORMATION AND SERVICES**

### **OPEN ENROLLMENT**

Open enrollment for Medicare Advantage and Drug Plans will be from October 15<sup>th</sup> through December 7<sup>th</sup>, with the change in coverage effective on January 1, 2012. Take time to review your prescription drug and health insurance needs. Medicare plans change every year. You can obtain information and assistance through the HESSCO Elder Services SHINE (Serving the Health Information Needs of Elders) Program. We will have the SHINE Counselor, Judy Murphy here at the senior center on several Tuesday mornings during the next few months beginning at 9:30 a.m. to assist you with your decisions about health care coverage. Judy will be available by appointment on October 18<sup>th</sup>, October 25<sup>th</sup>, and November 15<sup>th</sup>. We will also have an informational presentation by Peggy McDonough, Director of the HESSCO Elder Services SHINE Program, at the senior center on Thursday, October 20<sup>th</sup> at 2:00 p.m. To schedule an appointment with Judy or to sign-up for the SHINE Open Enrollment presentation, please call 508-543-1252.

### **FLU SHOTS**

This year the Board of Health will be getting a very limited supply of flu vaccine. Due to the directive of the Massachusetts Department of Public Health, that supply must be prioritized to persons without insurance and persons whose insurance does not cover the cost of flu vaccine. The best place to get a flu shot is your doctor's office. However, some physicians do not offer the vaccine. In that case, there are many other places that offer flu shots. Many retail pharmacies are offering flu vaccine. Some of the pharmacies will bill insurance companies directly for the vaccine, but some stores expect payment up front, and will provide a receipt to submit to the insurance company for reimbursement. It is important to check with your insurer in advance as to whether they will reimburse for a vaccine administered outside of a physician's office. For persons with no insurance, or whose insurance does not cover the cost of the vaccine, call the Board of Health for more information at 508-543-1207.

### **BLOOD PRESSURE CLINIC**

Our next Blood Pressure Clinic will be on Tuesday, October 11<sup>th</sup> from 10:00 a.m. to 12:00 p.m. The Blood Pressure Clinic is held once a month at the senior center on the 2<sup>nd</sup> Tuesday of the month, from 10:00 a.m. to 12:00 p.m. Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1252 to set up an appointment.

### **PODIATRIST**

Dr. Willinsky, Board Certified by American Board of Podiatric Orthopedics, is available at the senior center on the first Monday of each month at 12:00 noon. His next visit will be on Monday, October 3<sup>rd</sup>. Clients are seen on a first come, first served basis. The cost to see Dr. Willinsky is \$20.00 per person and checks can be made out directly to Dr. Jeffrey Willinsky. The Van-Go is available for anyone needing transportation ... call 508-543-1252 to arrange a ride.

### **SPECIAL EVENTS AND PROGRAMS**

#### **WOULD YOU LIKE TO MAKE BEAUTIFUL MUSIC TOGETHER?**

Do you ever listen to a concert and wish you could play an instrument? Do you play a band or orchestra instrument but haven't had any place to play with others? Have you ever thought back on how much fun it was to play that instrument you played many years (or decades!) ago and wish you could do it again? Foxboro resident and musician, Bob Stocks is 'putting out feelers' to see if there are senior adults in our community who love music and want to be involved in playing music with others in a non-competitive, non-intimidating environment through the New Horizon Music program. If you have an interest in making a commitment to participating in this type of senior band in Foxboro, please call the senior center at 508-543-1252.

### **H.U.G.S. 5<sup>th</sup> ANNUAL WALK**

H.U.G.S. (Help Us Get Safe) Foxboro will have their 5<sup>th</sup> annual fundraising walk for domestic/family violence awareness, prevention and education on Saturday, October 22<sup>nd</sup> at the Ahern Middle School track. Registration begins at 9:30 a.m. and the walk begins at 10:00 a.m. There will be raffles, prizes, and refreshments. All proceeds will benefit H.U.G.S. Foxboro, a nonprofit, volunteer organization established to assist individuals and families affected by domestic violence. For more information, call 508-698-8784.

## **NUTRITION CLASS SPECIAL SPEAKER**

On Tuesday, October 4<sup>th</sup> at 11:00 a.m., Kristen Pufahl of Jewish Family and Children's Services will be doing a program entitled 'Healthy Fats' during the regularly scheduled Nutrition Class. All are welcome! The Nutrition Class is held at the senior center every Tuesday morning at 11:00 a.m. Each week we share new "healthy" recipes, participate in food sampling, exchange ideas, talk about good nutrition and tell some great jokes. If you are not a regular participant in the Nutrition Class, please give us a call at 508-543-1252 to let us know that you will be coming.

## **COMPUTER CLASSES ARE BACK!**

Our computer classes will resume with weekly instruction beginning on Thursday, October 6<sup>th</sup>. These classes will be held in the beautiful Coppola Computer Lab at the senior center and will be offered FREE by the instructor, Kevin Gleason. Kevin is a semi-retired associate professor of business subjects having taught 22 plus years at the college level. He received his undergraduate degree from Providence College and Master of Science in Management from Lesley University, and worked in the private sector prior to teaching. Professor Gleason is an internationally published author and continues teaching at ITT Technical Institute, contributing to international computer security forums, as well as offering computer classes at other area senior centers. Each week beginning at 9:00 a.m., Kevin will present one of four classes on 'Computer Basics'. The first 4-part series will be held on Thursdays from October 6<sup>th</sup> through October 27<sup>th</sup>. If you have participated in these classes previously, Kevin is interested in forming a Seniors Computer Club building on the 'Basics' skills. Please let us know if you are interested in these opportunities by calling 508-543-1252 to sign up.

## **COA/HESSCO EVENING SUPPER CLUB**

Are you tired of eating supper alone? Why not join the COA in collaboration with HESSCO for an evening of socializing and sharing a meal together? Our next evening meal will be on Thursday, October 6<sup>th</sup> beginning at 5:00 p.m. The menu will include Pizza, Salad, and Dessert. A voluntary donation of \$2.50 per person can be given that evening. To make your reservation or to arrange for transportation needs, call us at 508-543-1252 by Tuesday, October 4<sup>th</sup>.

## **LINE DANCING**

Get ready to kick up your heels! Faye Sullivan and Jeanne Bonneau will once again lead us through line dancing steps. The steps are uncomplicated and the classes are lots of fun. According to a study in the New England Journal of Medicine, dancing makes us smarter! The physical activity of dancing offers protection against dementia. Dancing helps us to create new neural pathways by integrating several brain functions at once, increasing connectivity. So come and have fun learning these dances while improving your brain power! Line Dancing Classes will be from 11:15 a.m. to 12:15 p.m. on the following Wednesdays: October 5<sup>th</sup>, October 12<sup>th</sup>, October 19<sup>th</sup>, and October 26<sup>th</sup>. Please call the senior center at 508-543-1252 to sign-up.

## **REGULARLY SCHEDULED**

### **BOOKS ON TAPE BOOK CLUB**

The Book Club meets at the Foxboro Senior Center on the first Thursday of every month. Each month a new title is selected and is made available on Perkins tapes, library tapes, CDs and books. Seniors who have limited vision, have difficulty holding or reading a book, or who simply enjoy listening on tape are able to enjoy this group. The group is led by Outreach Social Worker, Noreen Sherys. Our next meeting is on Thursday, October 6<sup>th</sup> at 1:00 p.m. Our selection this month is "To Kill A Mockingbird" by Harper Lee. In keeping with this theme, watch for Richard Clark's live portrayal of "Atticus" on Thursday, October 13<sup>th</sup> at 1:00 p.m. at the senior center. We will also be showing the movie "To Kill A Mockingbird" at our Movie Day on October 18<sup>th</sup> at 12:30 p.m. If you would like to participate in any of these events, please call 508-543-1252.

## **MOVIE DAY**

Our monthly Movie Day is scheduled on Tuesday afternoons at 12:30 p.m. Take in a good movie with friends while you enjoy the comfort of the senior center along with some fresh, hot popcorn. Feel free to bring your

lunch to enjoy ahead of time in our Coffee Connection. Our next movie day will be Tuesday, October 18<sup>th</sup> at 12:30 p.m. when our feature presentation will be "To Kill A Mockingbird." Southern comforts abound in this big-screen adaptation of Harper Lee's novel as lawyer Atticus Finch (Gregory Peck, in an Oscar-winning role) defends an innocent black man (Brock Peters) against rape charges but ends up in a maelstrom of hate and prejudice. Meanwhile, with help from a friend (John Megna), Finch's children, Jem (Phillip Alford) and Scout (Mary Badham), set their sights on making contact with a reclusive neighbor (Robert Duvall). Please call 508-543-1252 to sign-up.

### **BINGO!**

Calling all Bingo players...Come and join the fun on the 1<sup>st</sup> Tuesday of each month as we play Bingo together at the senior center. Try your luck and win cash prizes in varying amounts. There will be a nominal fee of \$1 per card. Our next Bingo afternoon will be on Tuesday, October 4<sup>th</sup> from 2:00 p.m. to 3:30 p.m. Please call 508-543-1252 to let us know that you will be coming. This event is sponsored by the Friends of Foxboro Seniors.

### **COFFEE WITH KEN**

Drop into the Rodman Building at 90 North Carl Annon Court on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month at 11:30 a.m. for a coffee hour with Ken from the Council on Aging & Human Services. Ken Levy is our Outreach Worker and will be available to hear your questions, comments and concerns about Housing, Health Insurance, COA Programs, Public Benefits (Medicare, MassHealth, Food Stamps, Fuel Assistance), Recreation and Social Activities, etc. Ken is looking forward to the opportunity to introduce himself to you and meet some new people. You can also sign-up for lunch at the Rodman Building (for those age 60+, served at 11:45 a.m.) by calling 508-698-0754, or just drop in for coffee and "goodies." On October 11<sup>th</sup>, Ken will review "In -Home Safety," and on October 25<sup>th</sup> the topic will be "Stretching Your Energy Dollar." To reach Ken, call 508-543-1252, or drop by the Senior Center.

### **FREE LUNCH!**

Apparently there is such a thing as a free lunch! Chickie Flynn's Restaurant is offering a free lunch to the seniors of Foxboro on the first Wednesday of each month. Our next luncheon will be on Wednesday, October 5<sup>th</sup> at 11:30 a.m. at Chickie Flynn's located at 94 Washington Street, Foxboro, MA. Your lunch will include a choice of 2 entrees (Baked Haddock, Rice, & Veggies OR Chef's Choice), Bread and Butter, Cheesecake or Ice Cream, Coffee, Tea, or Soda. The lunch is free but the service is not, so bring along \$2.50 which will be collected for your waiters and waitresses. Transportation will be on your own and space is limited for the luncheon. To take advantage of this very generous offer, you must call the senior center at 508-543-1252 to sign-up by Tuesday, October 4<sup>th</sup>.

### **SHOPPING**

We will be going to Shaw's on Mondays at 1:00 and 1:30 p.m., and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. The following is a list of other shopping trips and outings we have planned. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center to arrange a ride.

September 29 Ice Cream Days-The Big Apple at 1:30 p.m.

October 5 Kohl's @ Mansfield Crossing

October 11 Shaw's (in lieu of 10/10)

October 12 Target

October 19 Dollar Tree Store

### **TRAVEL AND ENTERTAINMENT**

#### **SAN ANTONIO FIESTA IN 2012**

Come to the senior center on Friday, September 30<sup>th</sup> at 1:00 p.m. to hear about our "Big Trip" for 2012. We will be traveling to San Antonio, Texas, with Tours of Distinction for 6 days from April 19<sup>th</sup> through April 24<sup>th</sup>.

Tour highlights include The Alamo, San Antonio Fiesta, Riverwalk Cruise, Austin City Tour, LBJ Ranch,

San Jose Mission, a Cowboy Dinner, and much more. Details about the fabulous accommodations, itinerary and pricing will be given at the meeting.

### **BENJAMIN'S HOLIDAY LUNCHEON**

Mark your calendars for Thursday, December 1<sup>st</sup> for our annual Holiday Luncheon at Benjamin's. This year we will enjoy the musical talents of entertainer, Tony Funches, the former lead vocalist for the 50's group "The Platters," known for such hits as "Smoke Gets in Your Eyes", "The Great Pretender" and "Only You (and You Alone)". Funches has performed on stage with The Drifters, The Coasters and The Shirelles in cities across the U.S., from Las Vegas to Atlantic City, as well as internationally. We all enjoyed his lively entertainment at the Friends' Holiday Party last year and look forward to this opportunity to see him again! We should arrive at the restaurant by 12:30 p.m., and lunch will be served at 1:00 p.m. The menu will include an entree choice of Baked Stuffed Boneless Breast of Chicken, Treasures of the Sea, or Herb Crusted Haddock. All meals will include a Fresh Garden Salad with Dressing, Mashed Red Bliss Potatoes, Butternut Squash, Coffee or Tea, and Grapenut Custard Pudding for dessert. A school bus has been reserved for those needing transportation and will leave St. Mary's Church parking lot at 12:00 p.m. The Van-Go will also be available. The cost for this event is \$21 per person and will be due on or before Friday, November 4<sup>th</sup>. Sign-up for this opportunity by calling the senior center at 508-543-1252 on Wednesday, October 5<sup>th</sup> beginning at 8:00 a.m.

### **MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45A.M.**

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754. Suggested donation is \$2.50. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

#### **Monday, October 3**

Mexicali Chicken W/Vegetables  
Beans & Rice  
Dinner Roll  
Peaches

#### **Tuesday, October 4**

Swedish Meatballs  
Penne Pasta  
Beets  
White Bread  
Arctic Ice

#### **Wednesday, October 5**

Corn Chowder  
Buttermilk Chicken  
Fall Blend Veggies  
Multigrain Roll  
Fresh Fruit

#### **Thursday, October 6**

Beef Stew W/Vegetables  
Boiled Potatoes  
Whole Wheat Roll  
Apple Cake

#### **Friday, October 7**

Tuna Noodle Casserole

Peas

Fruit Muffin

Pineapple